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# Nature Care College

## Anatomy & Physiology 1A

<b>DESCRIPTION</b>	A fundamental component of all major modalities, this subject will teach you about the structure, general function and organisation of the human body.
<b>DURATION</b>	24 hours
<b>LEARNING OUTCOMES</b>	<p>By the conclusion of the module, students should be able to:</p> <ol style="list-style-type: none"> <li>1. Define and describe the structure and function of the human body.</li> <li>2. Describe the structure and function of cells and tissues.</li> <li>3. Describe the structure and function of the integumentary system.</li> <li>4. Describe the structure and function of muscle tissue.</li> <li>5. Describe the structure and function of the skeleton.</li> <li>6. Describe the structure and function of joints.</li> <li>7. Describe the head, neck and torso in terms of the bones, joints, ligaments, and muscles.</li> <li>8. Describe the limb girdles and limbs in terms of the bones, joints, ligaments, and muscles.</li> </ol>
<b>TEACHING METHOD</b>	<p>Modified Lectures          Group and Class discussions          Demonstrations and practical activities</p>
<b>ASSESSMENT</b>	<p>Mid Term Exam 50%          End of Term Exam 50%</p> <p><b>Both components (a) and (b) must be passed at 60% in order to pass this subject satisfactorily.</b></p>
<b>COMPETENCIES PARTIAL COMPLETION</b>	<p>Successful completion of this Unit of Study is in partial completion of the following Health Training Package HLT07 Units of Competency:</p> <p>HLTAP401A – Confirm Physical Health Status          HLTCOM408B- Use Specific health Terminology to communicate effectively          HTHREF1A - Work within a reflexology framework</p>
<b>ATTENDANCE</b>	80% minimum.
<b>PRE-REQUISITES</b>	Nil
<b>CO-REQUISITES</b>	Nil
<b>MATERIALS REQUIRED</b>	Notebook, pen, workbook.

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**TEXTBOOKS****Compulsory:**

Nature Care College, *Anatomy & Physiology 1A Workbook* (2007 edition)

Tortora G. Derrickson B (2006) *Principles of Anatomy and Physiology* 11<sup>th</sup> edition, HarperCollins.

**Recommended Reading / References:**

Kapit, W. & Elson, L. (1993) *Anatomy Colouring Book*, Addison Wesley 2<sup>nd</sup> Edition.

A Photographic Atlas of Human Anatomy e.g.:

Netter F & Hansen J. 2003. Atlas of Human Anatomy. 3rd Ed. Novartis Medical Education. USA.

Rohen J. 2002. Colour Atlas of Anatomy: A Photographic Study of the Human Body. Lippincott, Williams & Wilkins Publishers, USA.

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**WEEK-BY-WEEK OUTLINE**

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<b>WEEK 1</b>	Introduction / epithelial tissue/Connective tissue / introduction to integumentary system
<b>WEEK 2</b>	Cartilage tissue / bone tissue / Muscle tissue
<b>WEEK 3</b>	The skeleton / joints / introduction to the musculoskeletal system / the skull
<b>WEEK 4</b>	Introduction to the spine / cervical portion of the spine
<b>WEEK 5</b>	Thoracic portion of the spine / thorax / shoulder girdle
<b>WEEK 6</b>	<b>Mid Term Exam</b>
<b>WEEK 7</b>	Shoulder joint / elbow joint / radioulnar joints
<b>WEEK 8</b>	Wrist joint / hand
<b>WEEK 9</b>	Lumbar portion of the spine / abdomen / pelvis
<b>WEEK 10</b>	Hip joint / knee joint
<b>WEEK 11</b>	Ankle joint / foot
<b>WEEK 12</b>	<b>End of Term Exam</b>

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Please be respectful of your fellow students and arrive on time for classes. Please ensure all mobile phones are turned off prior to the commencement of class.

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